

# WAMC Gastroenterology Clinic

## Flexible Sigmoidoscopy Instructions

**Please read all of the instructions ahead of time so you are adequately prepared for this procedure.**

- Take Pre- Admission paperwork to Patient Administration Department (PAD), located near the Reilly Road entrance of Womack across from the gift /flower shop on the main floor.
- An adult **must** accompany you to your procedure, remain in the hospital during your procedure, and drive you home. Your appointment will be rescheduled if you arrive without a ride. (Person must be 18 years or older).
- Females less than 50 years of age who have not had a tubal ligation, partial or complete hysterectomy must have a pregnancy test performed at Womack's laboratory or assigned Fort Bragg clinic no more than 72 hours prior to the procedure. This is a hospital policy; there are **NO exceptions**. Lab hours are M-F 0730-1630. Please make sure your pregnancy test is done either the Friday before a Monday procedure, the day before a weekday morning procedure, or the morning before an afternoon procedure. If your pregnancy test is late or not done, your procedure **will be** rescheduled.

**Do NOT eat any solid foods after MIDNIGHT the day of your procedure.**

**You may have CLEAR LIQUIDS ONLY from midnight until 05:30am or 10:30am the morning of your procedure.** After that you must have nothing by mouth, including gum, mints, and hard candy. If you do eat, **we will** postpone or reschedule your appointment.

You can take your medications the day of the procedure **except** for Insulin, oral diabetic medications (i.e. Glucophage/Metformin,), or blood thinners such as Plavix, Heparin, Coumadin and similar medications. Please **take your** blood pressure medication the morning of your procedure. All medications must be taken before the indicated time above.

### **CLEAR LIQUID RECOMMENDATIONS FROM YOUR HEALTHCARE PROVIDER**

**AVOID red, blue, purple, pink, and green colored liquids**

**Water, tea or coffee without any dairy products or non-dairy creamer**  
(okay to add sugar, honey and pulpless lemon juice).

**Soft Drinks-** Ginger Ale, Sprite, 7-Up, Mountain Dew, etc.....

**Clear Broths-** Beef, Chicken, Seafood or Vegetable Broth.

**Desserts-** Popsicles, Italian ice, Jell-O without fruit (**NO DAIRY**)

**Sports drinks or clear-colored fruit drinks without pulp** – Gatorade, apple juice, Crystal Light, etc...

### **SPECIAL INSTRUCTIONS:**

- You will receive your prep for your procedure when you come on the day of your procedure.
- Do not wear jewelry, lotion, or contacts the day of your procedure. Please wear comfortable clothing and shoes to your procedure.

**Name:**

**Procedure Date:**

**Arrival Time:**

**Location: 2<sup>nd</sup> floor Clinic Mall**

**WAMC Gastroenterology Clinic**

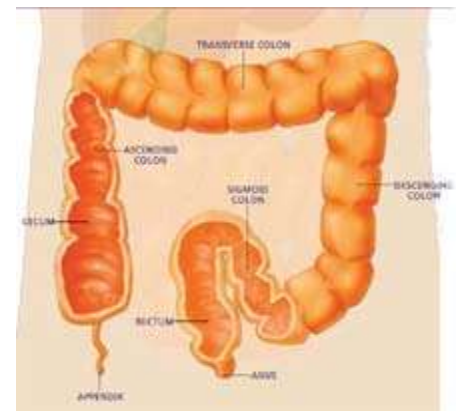


Phone #: 907-7808

Hours: M-F 7:30AM-4:30PM

## **What is flexible sigmoidoscopy?**

Flexible sigmoidoscopy lets your doctor examine the lining of the rectum and a portion of the colon (large intestine) by inserting a flexible tube about the thickness of your finger into the anus and slowly advancing it into the rectum and lower part of the colon. This test can help find the source of abdominal pain, bleeding, and changes in bowel habits.



## **What preparation is required?**

Your doctor will tell you what cleansing routine to use. In general, preparation consists of two enemas prior to the procedure but could include laxatives or dietary modifications as well. However, in some circumstances your doctor might advise you to forgo any special preparation. Because the rectum and lower colon must be completely empty for the procedure to be accurate, it's important to follow your doctor's instructions carefully.

You will be asked to sign a consent form, giving your permission for the doctor to perform your procedure. You will be asked to put on a hospital gown and non-slip socks. You must remove all jewelry and metal and remove your glasses or contacts prior to the procedure. You will be shown to a bathroom to give yourself the enemas. If you are to receive sedation, a nurse will start an IV (a small catheter into a vein) so you can receive medications for sedation.

## **Should I continue my current medications?**

Most medications can be continued as usual. Inform your doctor about medications that you're taking - particularly aspirin products, anticoagulants (blood thinners such as warfarin/coumadin and heparin), and Plavix, as well as any allergies you have to medications.

## **What can I expect during flexible sigmoidoscopy?**

Flexible sigmoidoscopy is usually well-tolerated. You might experience a feeling of pressure, bloating or cramping during the procedure. You will lie on your side while your doctor advances the sigmoidoscope through the rectum and colon. As your doctor withdraws the instrument, your doctor will carefully examine the lining of the intestine.

## **What if the flexible sigmoidoscopy finds something abnormal?**

If your doctor sees an area that needs further evaluation, your doctor might take a biopsy (tissue sample) to be analyzed. Obtaining a biopsy does not cause any pain or discomfort. Biopsies are used to identify many conditions, and your doctor might order one even if he or she doesn't suspect cancer.

If your doctor finds polyps, he or she might take a biopsy of them as well. Polyps, which are growths from the lining of the colon, vary in size and types. Polyps known as "hyperplastic" might not require removal, but benign polyps known as "adenomas" have a small risk of becoming cancerous. Your doctor will likely ask you to have a colonoscopy (a complete examination of the colon) to remove any large polyps or any small adenomas.

## **What happens after a flexible sigmoidoscopy?**

You must remain in the clinic for at least 30 minutes or until the effects of the sedation wear off. You might feel bloating or some mild cramping because of the air that was passed into the colon during the examination. This will disappear quickly when you pass gas. You should be able to eat and resume your normal activities after leaving the hospital, assuming you did not receive any sedative medication.

## **What are possible complications of flexible sigmoidoscopy?**

The following complications can occur with a flexible sigmoidoscopy: Adverse reaction to medications, perforation of the GI tract or bleeding. Contact your doctor if you notice severe abdominal pain, persistent vomiting, fevers and chills, or rectal bleeding. Note that rectal bleeding can occur several days after the exam.